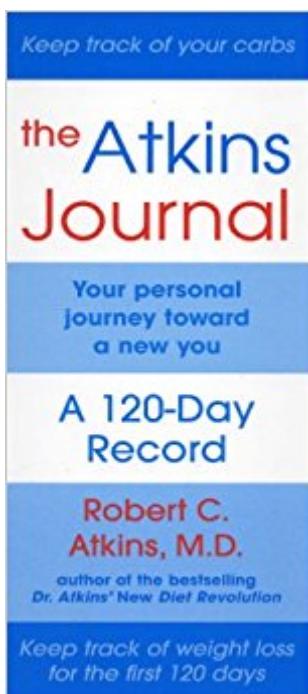


The book was found

The Atkins Journal: Your Personal Journey Toward A New You, A 120-Day Record



Synopsis

This journal is a valuable ally to help you do Atkins properly—enhancing your potential to manage your weight and improve your overall health!

Book Information

Plastic Comb: 224 pages

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Product Dimensions: 4.3 x 0.5 x 7.9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 19 customer reviews

Best Sellers Rank: #608,720 in Books (See Top 100 in Books) #80 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #3058 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #4613 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

I am always looking for the ideal book, diary, etc. for keeping track of my daily weight, dietary intake and exercise. Most of the books I have tried fall short of my expectations. I love this journal; this is my second purchase for myself plus I have also purchased one as a gift. It is not too big and yet each page gives enough room for me to track every food and beverage item I take in for that day along with my activities. I don't follow the Atkins Diet but it does not stop me from using this great tracking resource.

I received mine with a damaged spine. When I started on Atkins I faithfully noted everything I ate for about the first 3 or 4 weeks. So many meals are repeated so I felt I was just copying stuff I'd already noted before. Once you learn what you can have and what to avoid, the journal becomes pointless. Use your own small spiral notebook and save your money. Atkins works for me - I've lost 25 pounds in the 3 months I've been on it!

I use these to keep a food journal. I like to keep a journal that is portable and is a hard copy for reference.

Ordered 4 total due to its great practicality and easy to use charts.

At last, a perfect guide to weight loss. If you follow the principles and are honest with yourself when you write everything down, you can lose weight! The journal I bought is NEW.

Great product, easy to use, and perfect to stay on track!

Does the job but the writing portion is too small so you have to abbreviate everything.

Sometimes you don't want to get online for something. I love these Atkins journals because you can write them and it takes more time than just inputting them in a computer. As the days march on I can look back when I writing for another day and see what I've done.

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